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HOMEMAKERS' CHAT

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U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

(Release on receipt)

SUBJECT: "An All-Season Garden"--Information from the Bureau of Human Nutrition and Home Economics, U. S. Department of Agriculture

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Garden story of the day is just a reminder from the U. S. Department of Agriculture to make sure that you have an all-season garden.

In other words...if you would have varied vegetable plates....fresh salads.... and extra helpings of what grandma used to call good garden "sass"keep your garden producing from now until frost.

Plan now to have tomatoes and beans follow the early bearing rows of crisp lettuce and spring onions.

Make space available in midsummer for such fall crops as kale and mustard greens. And don't overlook the double harvest you'll get in roots and fresh green tops from both beets and turnips.

USDA home economists lay special stress on seed-bearing vegetables--such as Lima beans, peas, and garden soybeans. They point out that these vegetables go particularly well in bread-saving meals. They provide bulk to make a meal satisfying. They are also good sources of starch for energy.

If the soil in your garden is suitable...very likely you are giving space to vegetables that grow below the ground...such as carrots, parsnips, and onions. Like the seed vegetables...these help supply food energy and bulk. They have some B vitamins....and when you serve them with leafy greens---which add more B vitamins and iron----the combinations provide nutrients that you commonly get from bread.

The amount of space you have in your garden...has a lot to do with what you plant. If you have room for a few rows of seed corn you'll find that this All-

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American vegetable adds variety and flavor to your home-grown meals. The same is true of potatoes. If you can find the room for them.....you'll certainly want to plant this important replacement food for bread.

This summer--just as in the war years---garden harvests can make good meal planning easier for those of us who wish to share our food. With a garden....we can better respond to the call to use less bread and cereals in our meals. A Victory garden makes it possible for us to fight world famine with vegetables and fruits.

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